LC 850 RB

User Product Manual

LifeCore LC-850 Recumbent

Customer Service

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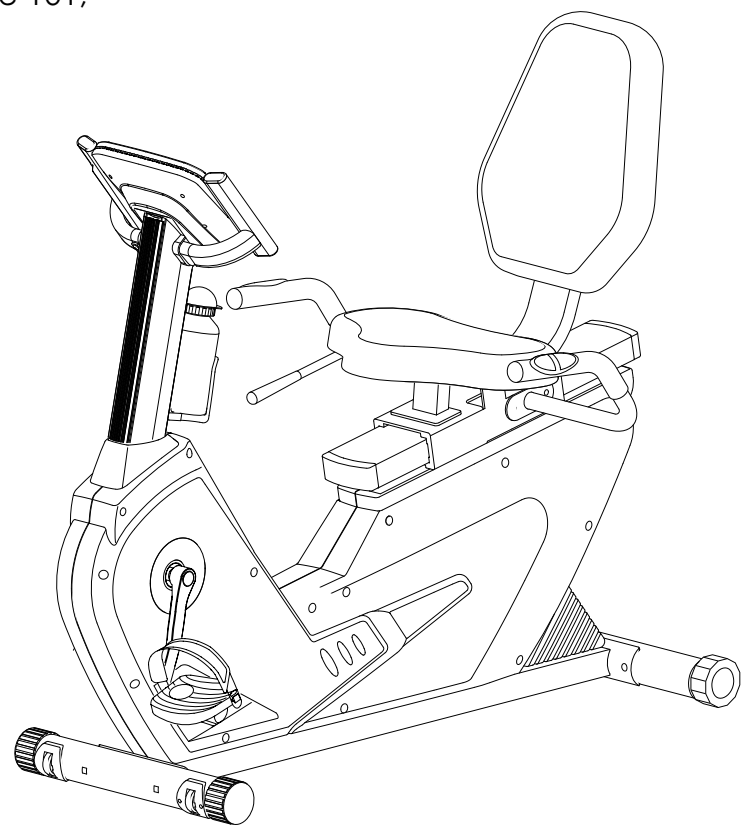
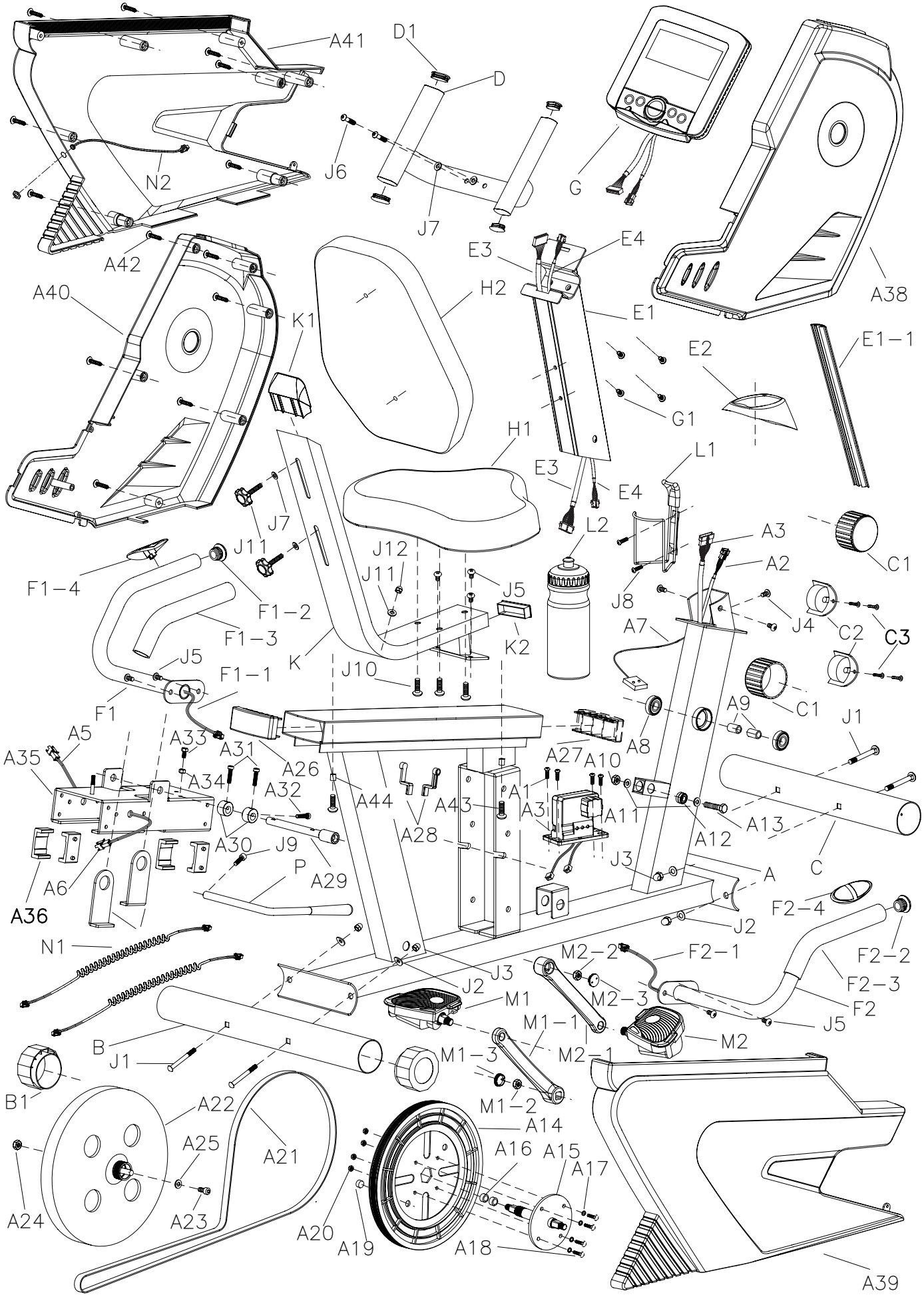


Important Safety Instruction

We at LifeCore fitness would like to thank you for your recent purchase of a LifeCore exercise bike, and we hope that our product inspires and motivates you to accomplish your fitness goals. Please read the users owners manual and orient yourself with the unit before you use the product to get a better understanding of your exercise machine.

The LifeCore 850RB is an exercise bike that simulates the movements of riding a bicycle at different speeds and resistance levels. Before the machine is ever used, it is recommended that a physician be consulted regarding any user(s) health condition, especially if the user(s) has a family history of cardio vascular conditions. If, at any time while exercising, a user experiences shortness of breath, dizziness, faintness, chest pains, or any discomforts, he or she must stop immediately and contact his or her physician.

- ❖ It is the sole responsibility of the owner(s) to make sure that any user using this product has fully read and understands the warnings and safety precautions.
- ❖ Unit maximum weight limit is 300LBS.
- ❖ Before working out remember to perform stretching exercises to avoid injury.
- ❖ Do not use this exercise bike outdoors or in areas of high humidity.
- ❖ Only operate the machine in a dry well ventilated room.
- ❖ Always examine the unit prior to exercising to ensure parts are in good working order.
- ❖ After every workout use the preventative maintenance tips to keep the products in good working order.
- ❖ Make sure that all components are fastened securely including but not limited to seat, pedals, handlebars, or any electric components.
- ❖ Unit should always be plugged into a surge protector.
- ❖ No more than one person should ever use the product at a time.
- ❖ Pets should never be allowed near unit.
- ❖ Children should never be left unsupervised near unit.
- ❖ Always use appropriate clothing and shoes to exercise. Never use heels, spikes, cleats, bare feet, sandals, socks or stockings while using the exercise machine.
- ❖ Keep hands and feet away from any moving parts at all times.
- ❖ Make sure that the unit is on a solid level surface. It is recommended that a mat be placed under the machine to protect the floor, carpet or any solid surface that the machine is placed on. Also to protect the machine from a hard surface.
- ❖ Whenever mounting or dismounting from the exercise machine, make sure that the unit is not in motion and use caution to prevent injury. Use the handlebars or a helper whenever additional stability is required.
- ❖ Never place any open containers of any type directly on the unit, only containers with lids are recommended to be used with the appropriate water bottle holder.
- ❖ Keep exercise bike clear of any obstructions, heavy machinery, and never place objects on or against machine.
- ❖ Do not place machine in an area of high voltage or electromagnetic fields.
- ❖ Failure to follow these instructions will void the units warranty and the manufacture or distributor assumes on responsibility for personal injury or property damages related to the product if unit is ever used incorrect or for other reasons other than exercise.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D1
D
J6
N2
J7
G
A42
E3
E4
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H2
E1
A38
K1
E2
E1−1
G1
H1
L1
E3
E4
J7
L2
A3
C1
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F1−4
J11
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J8
C2
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A19
A18
A39

Parts List

PARTS NO.	DESCRIPTION	Q'TY	PARTS NO.	DESCRIPTION	Q'TY
A	MAIN FRAME	1	A40	FRONT CHAIN COVER(L)	1
A1	SCREW	4	A41	REAR CHAIN COVER(L)	1
A2	SENSOR WIRE	1	A42	SCREW	14
A3	MOTOR	1	A43	SCREW	2
A5	HAND PULSE WIRE	1	A44	PLASTIC SLEEVE	2
A6	HAND PULSE WIRE	1	B	REAR STABILIZER	1
A7	SENSOR WIRE	1	B1	END CAP	2
A8	BEARING	2	C	FRONT STABILIZER	1
A9	BUSHING	2	C1	END CAP	2
A10	NUT	1	C2	ROTARY WHEEL	2
A11	WASHER	2	C3	SCREW	4
A12	BEARING	1	D	SMALL HANDLE BAR	1
A13	BOLT	1	D1	END CAP	4
A14	DRIVING PULLY	1	E1	CENTRAL SUPPORT TUBE	1
A15	AXLE	1	E2	DECORATION CAP	1
A16	BUSHING	2	E3	SENSOR WIRE	1
A17	WASHER	4	E4	SENSOR WIRE	1
A18	SCREW	4	F1	SIDE HANDLE BAR(L)	1
A19	MAGNET	1	F1-1	HANDLE PULSE SENSOR WIRE	1
A20	NUT	4	F1-2	END CAP	1
A21	BELT	1	F1-3	SPONGE	1
A22	MAGNETIC WHEEL	1	F1-4	HANDLE PULSE	1
A23	SCREW	1	F2	SIDE HANDLE BAR(R)	1
A24	NUT	1	F2-1	HANDLE PULSE SENSOR WIRE	1
A25	WASHER	1	F2-2	END CAP	1
A26	END CAP	1	F2-3	SPONGE	1
A27	END CAP	1	F2-4	HANDLE PULSE	1
A28	FIXING HOUSING	2	G	COMPUTER	1
A29	SHAFT	1	H1	SEAT PAD	1
A30	ROTARY WHEEL	2	H2	BACK PAD	1
A31	SCREW	2	J1	SCREW	4
A32	SCREW	1	J2	WASHER	4
A33	SCREW	1	J3	NUT	5
A34	NUT	1	J4	SCREW	3
A35	SLIDING TRACKING	1	J5	SCREW	7
A36	SPACER	4	J6	SCREW	2
A37	FIXING PLATE	2	J7	WASHER	5
A38	FRONT CHAIN COVER(R)	1	J8	SCREW	2
A39	REAR CHAIN COVER(R)	1	J9	SCREW	1

Parts List

PARTS NO.	DESCRIPTION	Q'TY	PARTS NO.	DESCRIPTION	Q'TY
J10	BOLT	3	M1-2	NUT	1
J11	KNOB	2	M1-3	BOLT COVER	1
			M2	RIGHT PEDAL	1
K	SADDLE TUBE	1	M2-1	RIGHT CRANK	1
K1	END CAP	1	M2-2	NUT	1
K2	END CAP	1	M2-3	BOLT COVER	1
L1	BOTTLE HOLDER	1	N1	HANDLE WIRE	2
L2	WATER BOTTLE	1	N2	SENSOR WIRE	1
M1	LEFT PAD	1	P	STOP BAR	1
M1-1	LEFT CRANK	1			

Assembly Tips

The LifeCore 850RB is made from the best materials and has been tested and received a quality control review prior to its packaging to ensure the correct parts and proper fitting of each component. This machine was designed to limit the amount of assembly needed by a customer.

Before assembly of your product, distinguish a proper and appropriate location for the unit where there is easy access to an electrical outlet with a surge protector. Unpack the box in a clear work area to allow smooth assembly. Remove all the parts from the packing material; however, do not discard packing material until assembly is complete. Double check packing materials to make sure no parts were left behind.

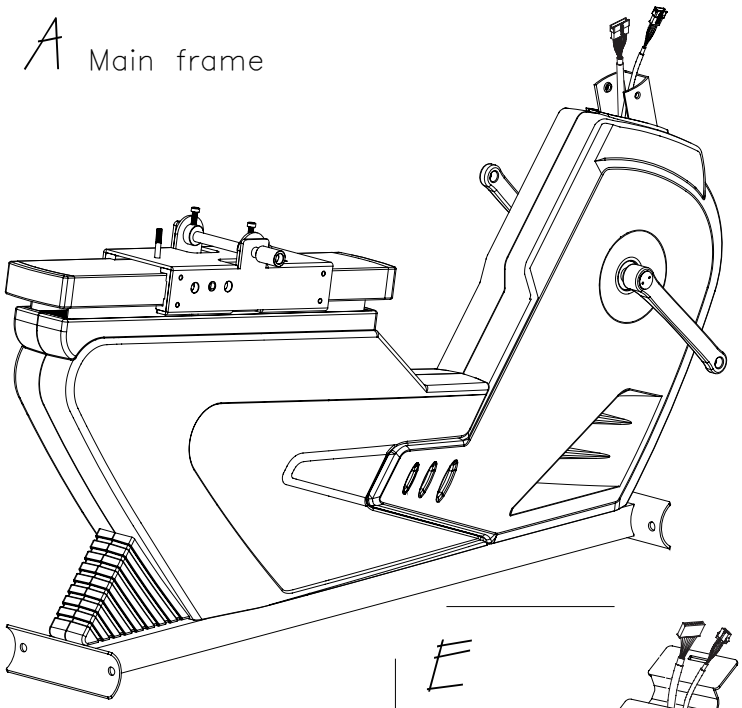
Note that some hardware may be preassembled to components to help with assembly and tools have been provided to assist with assembly.

Tools Required:

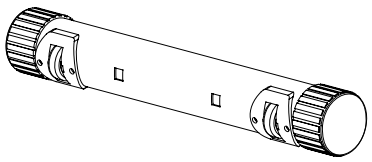
13 mm wrench
15 mm wrench
Philips Screw driver
6mm Allen wrench
5mm Allen wrench
4mm Allen wrench

PARTS LIST

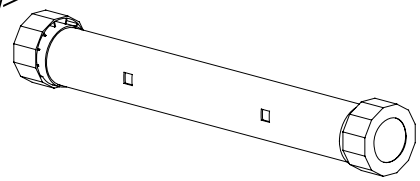
A Main frame



C Front stabilizer



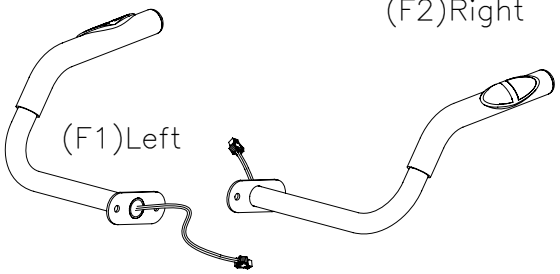
B Rear stabilizer



F Side handle bar

(F2)Right

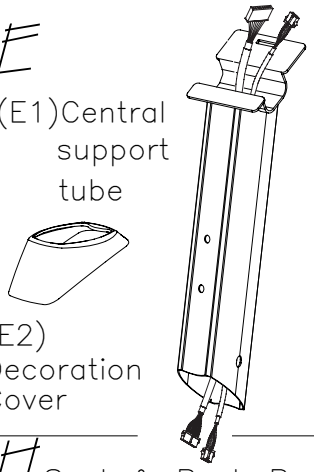
(F1)Left



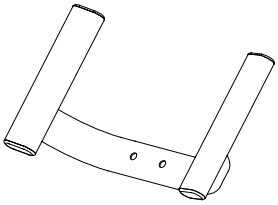
E

(E1)Central support tube

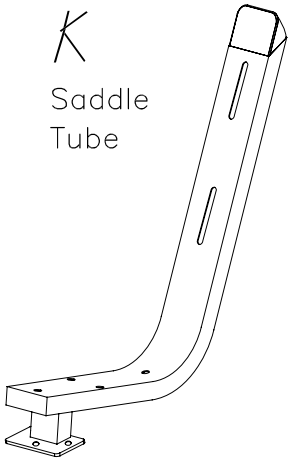
(E2) Decoration Cover



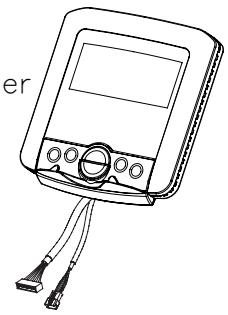
D Small handle bar



K Saddle Tube

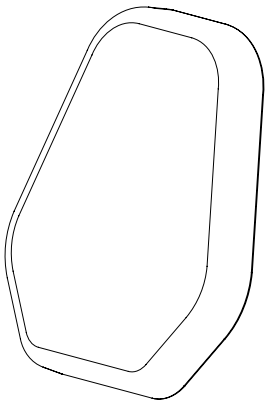


G Computer



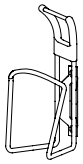
H Seat & Back Pad

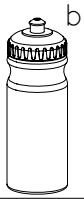
(H1)Seat pad



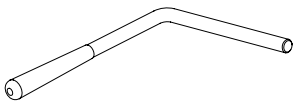
(H2)Back pad

L (L1) Bottle holder (L2)Water bottle





P Stop Bar



M Pedal

M1—Left

M2—Right

J (J1)Screw (J2)Washer (J3)Nut (J4)Screw (J5)Screw (J6)Screw

(J7)Washer (J8)Screw (J9)Screw (J10)Bolt (J11)Knob

FIGURE 1

FIGURE 1 ASSEMBLY FOR REAR STABILIZER

Tool Needed:
13mm Wrench

The first assembly step is to attach the (B) rear stabilizer bar with the rear part of the (A) main frame using (J1) bolt, (J2) washer and (C5) nut.

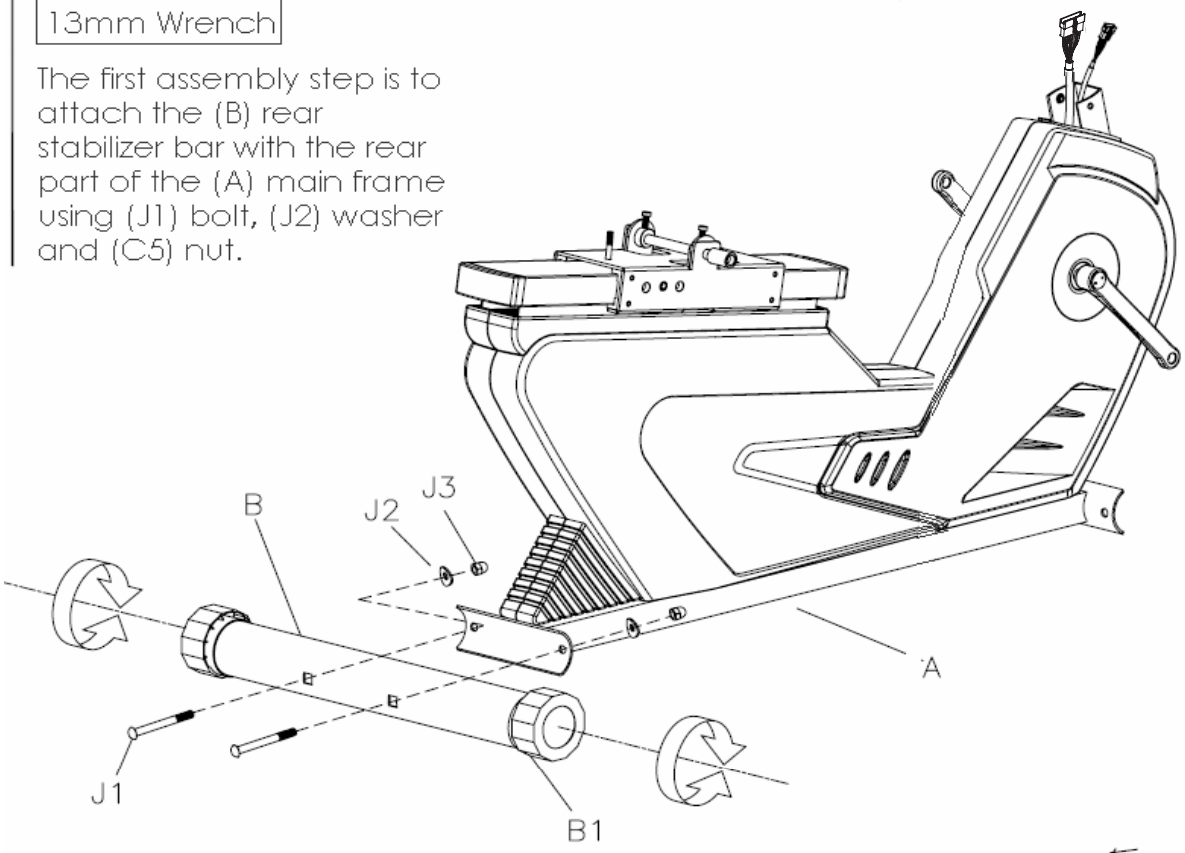


FIGURE 2

FIGURE 2 ASSEMBLY FOR FRONT STABILIZER

Tool Needed:
13mm Wrench

Next, attach the (C) front stabilizer bar to the front of the machine using (J1) bolts, (J2) washer and (J3) nuts.

Note: Once the stabilizers are attached, check to see if the machine is stable. If the machine is unstable then adjust the (B1) rear end caps to level the machine.

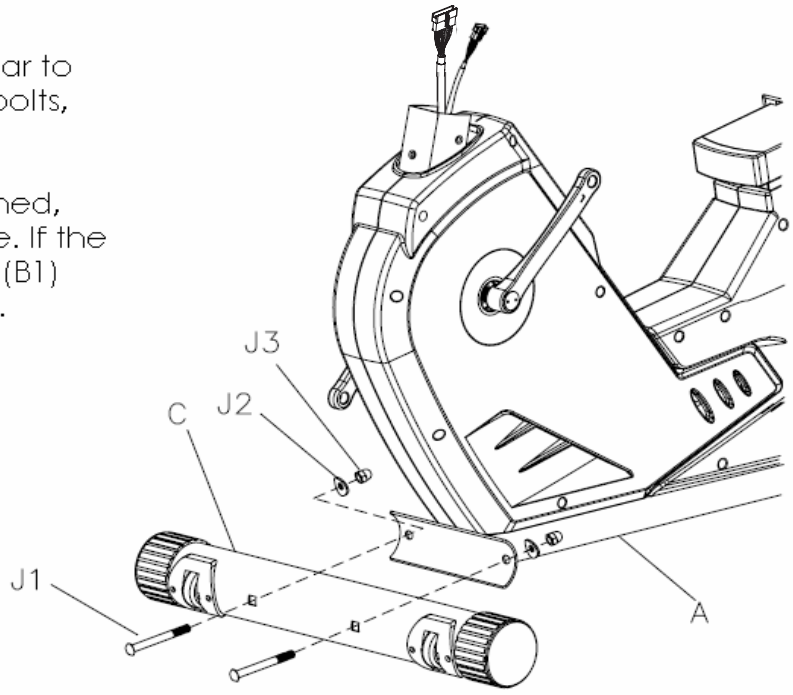


FIGURE 3

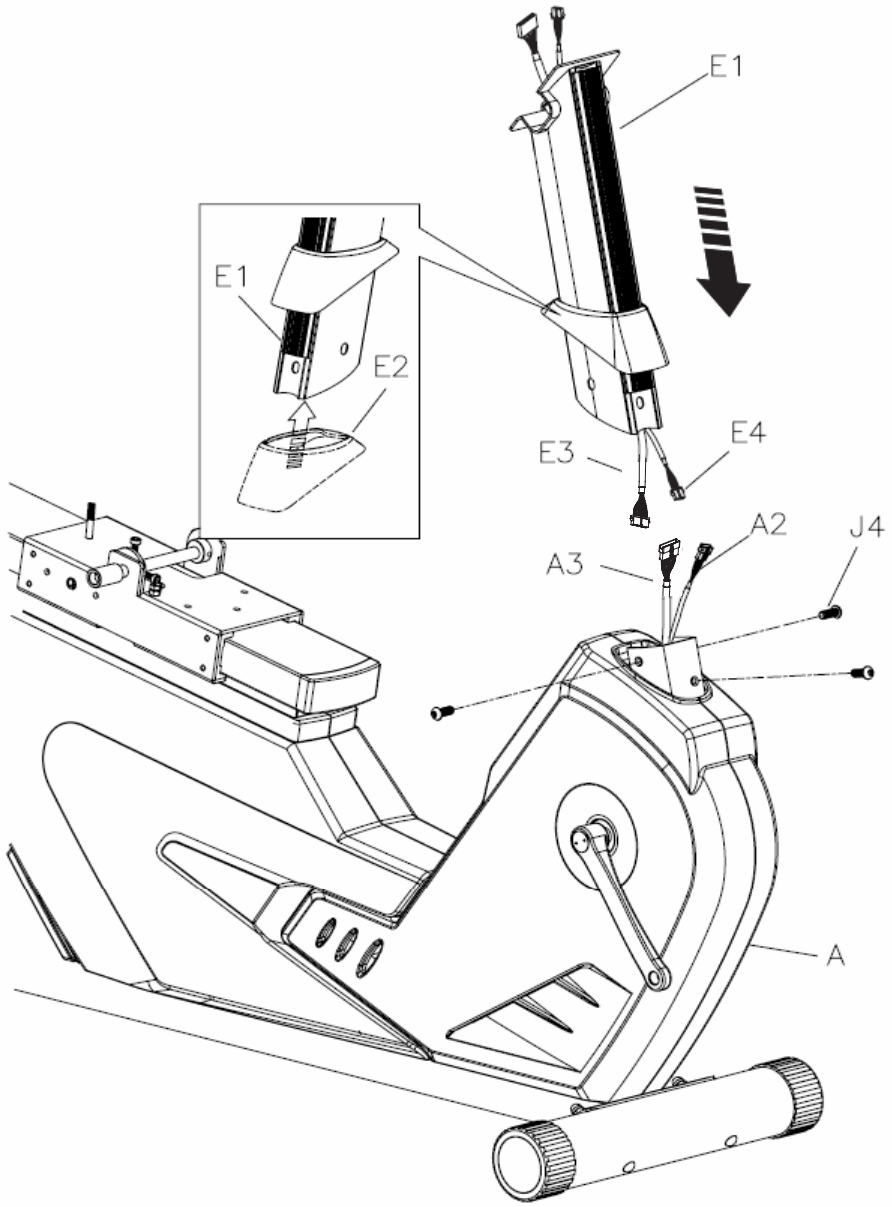


FIGURE 3 ASSEMBLY FOR CENTRAL SUPPORT TUBE &DECORATION COVER

Tool Needed: 5mm Allan Wrench

Step 1.
Slide (E2) decoration cover onto (E1) center support tube from the bottom of the tube as illustrated.

Step 2.

Connect (A2) internal heart rate cable with (E4) heart rate wire, next connect (E3) computer wire with (A3) servo motor wire. Make sure each wire snaps into place. Connect (E1) central support tube with the (A) main frame. Use (J4) bolt to connect each part.

FIGURE 4

FIGURE 4 ASSEMBLY FOR SMALL HANDLE BAR & WATER BOTTLE

Tools Needed:
6mm Allen wrench
4mm Allen wrench

Step 1.
Attach (D) small handle bar using (J7) wahsers and (J6) bolts to (E1) central support tube.

Step 2.
Attach (L1) bottle holder to (E1) central support tube with (J8) screws. After wards (L2) water bottle can be placed into (L1) bottle holder.

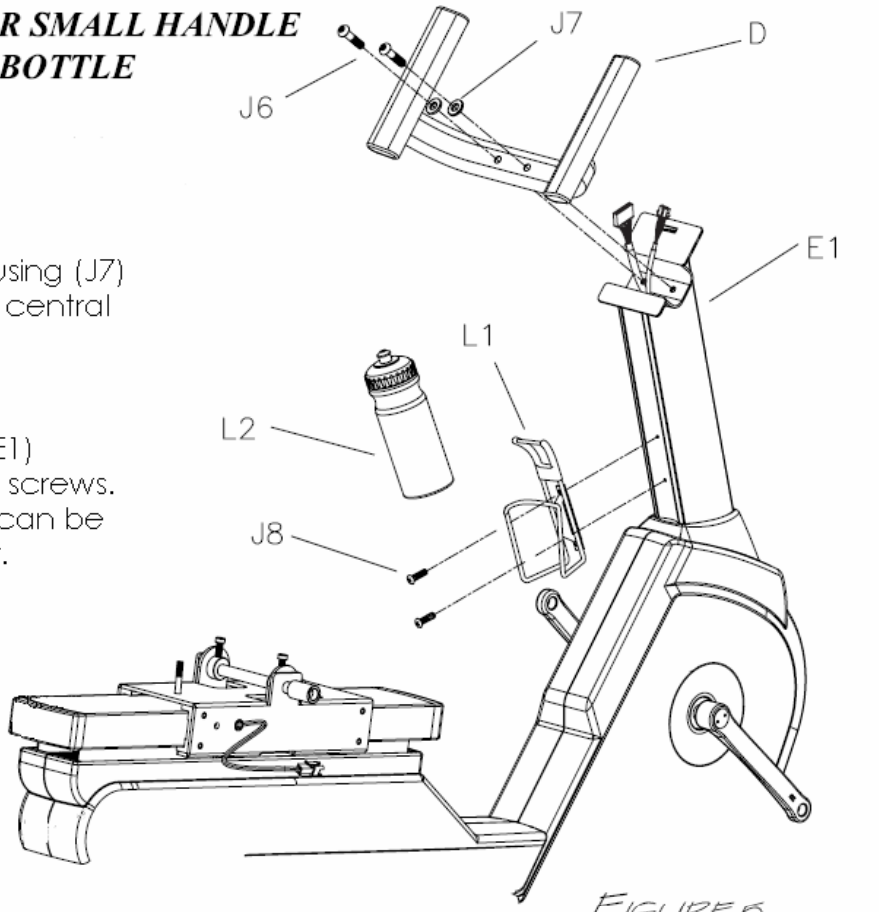
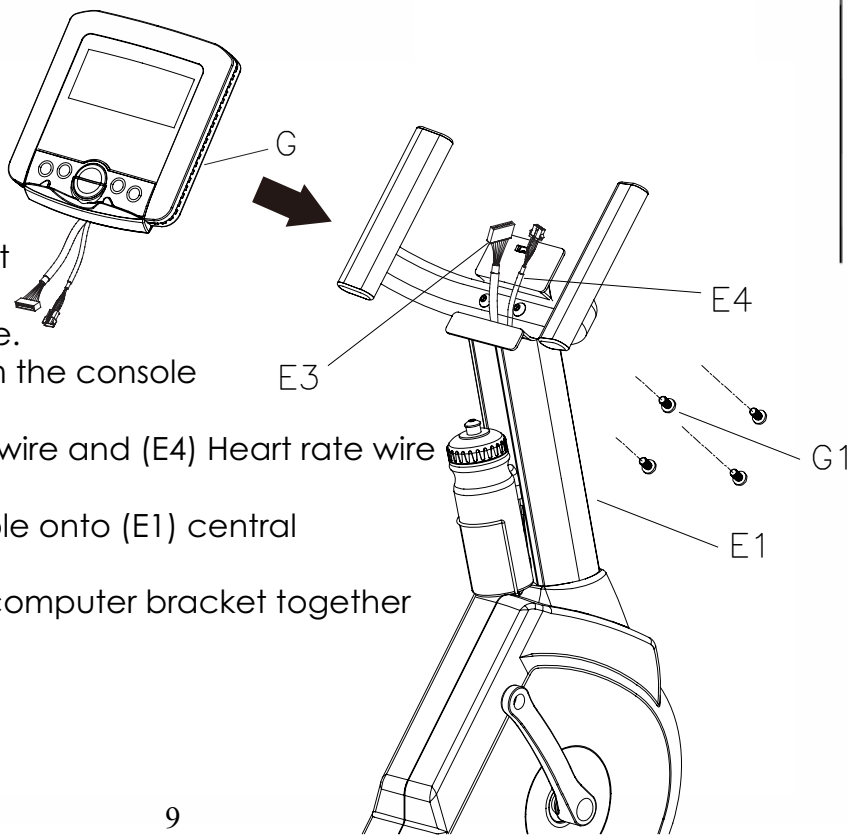


FIGURE 5

FIGURE 5 ASSEMBLY FOR COMPUTER

Tool Needed:
Philips screw driver

NOTE:Make sure when the computer is putting onto the housing that the wires are pushed back into the (E1) central support tube to prevent pinching a wire when the computer is clocking into place.



Step1. Take the screw(G1) from the console bottom housing.
Step2. Connect(E3) computer wire and (E4) Heart rate wire to (G) computer console.
Step3. Put (G) computer console onto (E1) central support tube,
then tighten the console with computer bracket together using screws(G1).

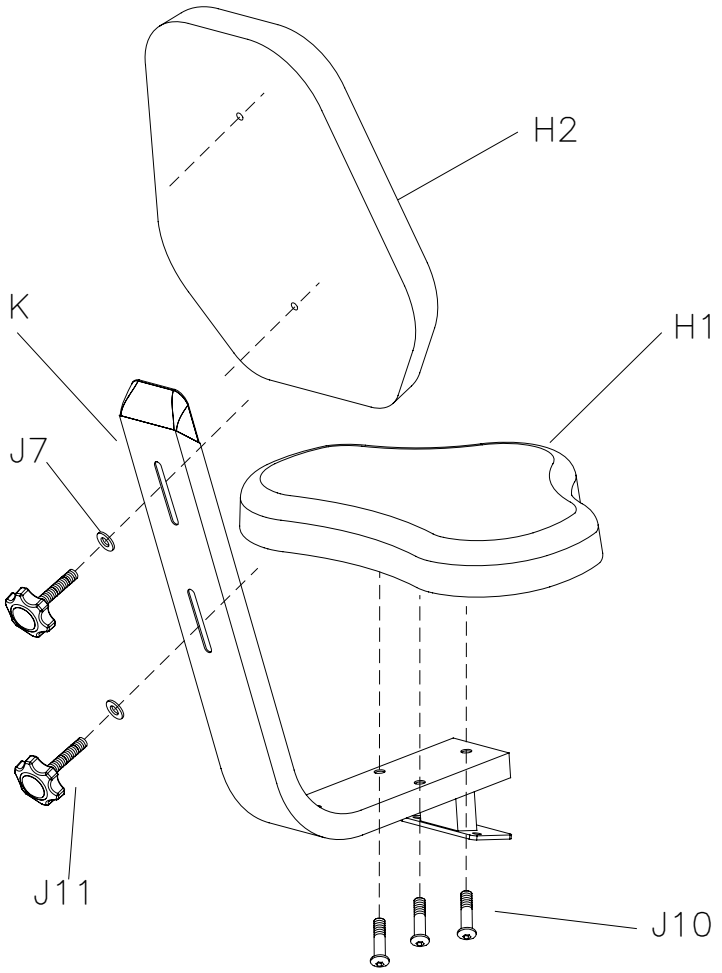


FIGURE 6

FIGURE 6 ASSEMBLY FOR SADDLE PAD & BACK PAD

Tool Needed:
6mm Allen wrench

Step1. Fit (H2) back pad to (K) saddle tube with knob(J11) and washer(J7) ,then assembly (H1) seat pad to (K) saddle tube using (J10) bolts.

FIGURE 7

FIGURE 7 ASSEMBLY FOR SADDLE TUBE & LEFT SIDE HANDLE BAR

Tools Needed:
5mm Allen wrench
13mm wrench

Step 1.
Connect (K) saddle tube to (A35) using (J5) bolt, (J7) washer and (J3) nut.

Step 2.
Connect (A5) hand pulse wire to (F1-1) hand pulse sensor wire which is coming out of (F1) left side handle bar. When tightening (J5) bolt, make sure that the hand pulse wire does not get pinched.

Be careful to not pinch hand pulse wire when tightening

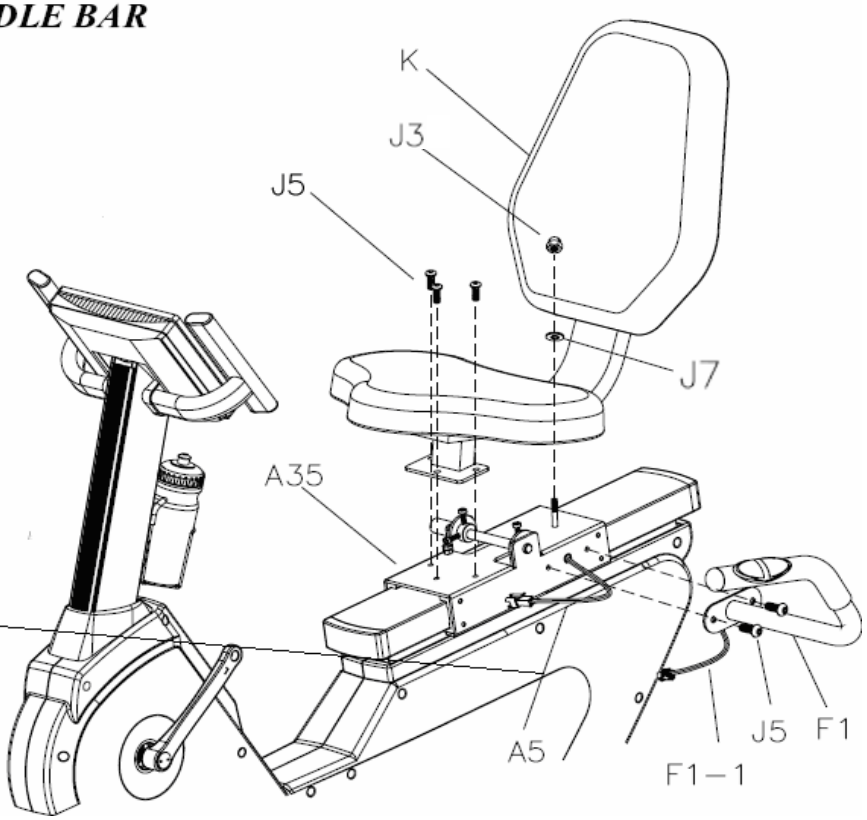
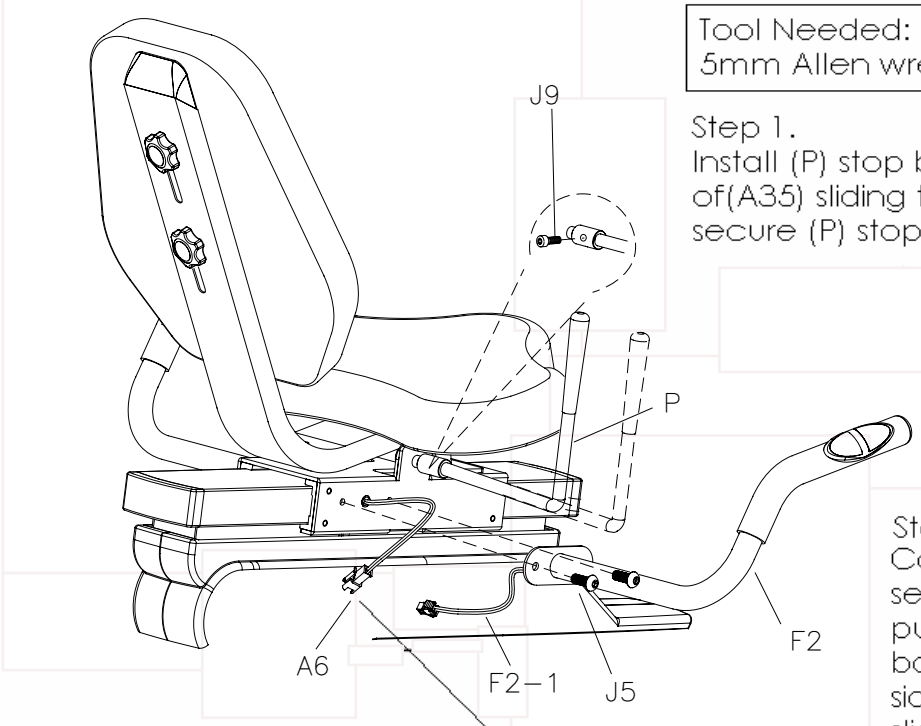


FIGURE 8

FIGURE 8 ASSEMBLY FOR STOP BAR & RIGHT SIDE HANDLE BAR



Tool Needed:
5mm Allen wrench

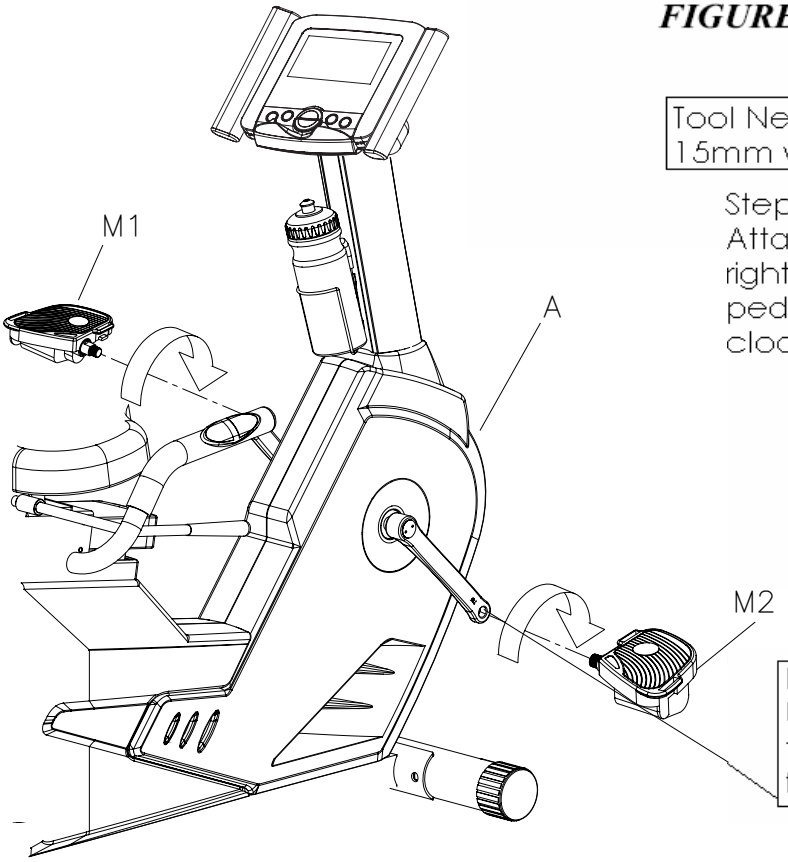
Step 1.
Install (P) stop bar into the right side of(A35) sliding track. Use (J9) bolt to secure (P) stop bar.

Step 2.
Connect (A6) heart rate sensor wire to (F2-1) hand pulse sensor wire. Use (J5) bolts to connect (F2) right side handle bar to (A35) sliding track.

Note: Be careful to not pinch hand pulse wires when tighening

FIGURE 9

FIGURE 9 ASSEMBLY RIGHT & LEFT PEDAL



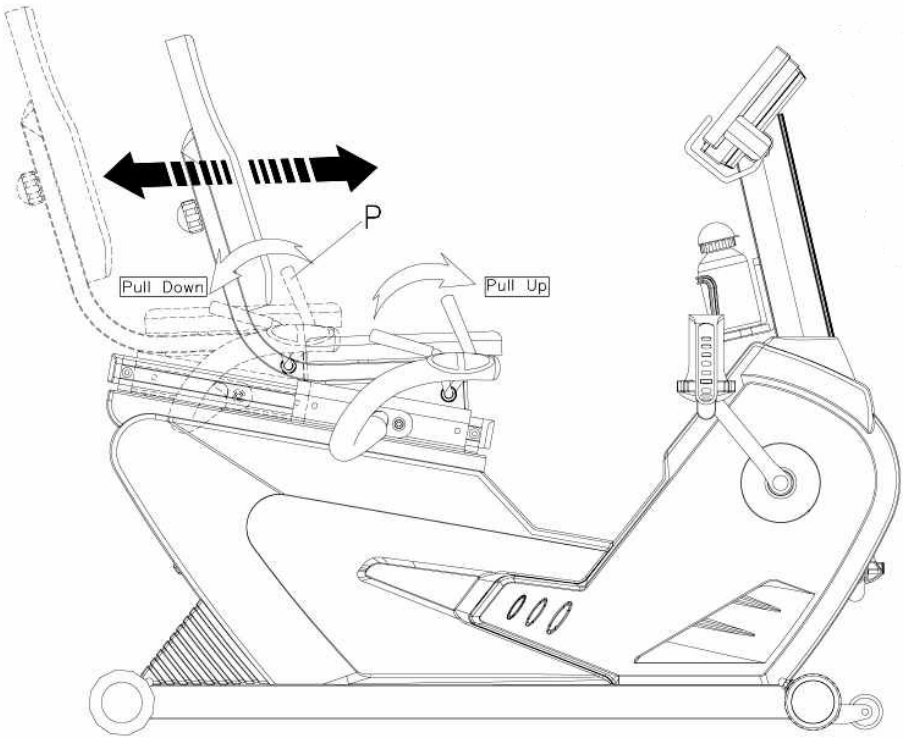
Tool Needed:
15mm wrench

Step 1.
Attach the right pedal (M2) to the right crank arm. Tighten the right pedal threads into the crank clockwise.

Step 2.
Attach the left pedal (M1) to the left crank arm.
Tighten the left pedal threads into the crank counter-clockwise

Note:
Use a lot of torque to sucure the pedals to prevent them from coming loose.

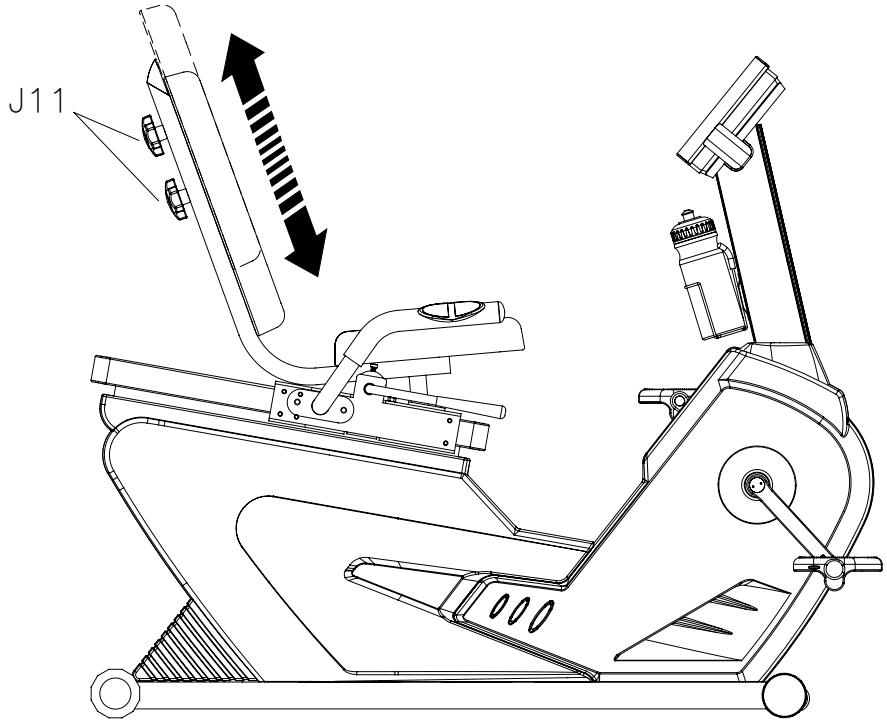
Recumbent Seat Adjustments



How to adjust the Seat Pad

To adjust the seat rail according to a user's height, pull up on the stop bar (P) and set the seat to the most comfortable location which allows the rider to have a smooth and comfortable motion. The proper way to cycle is to have the knees slightly bent during the furthest pedal rotation.

Recumbent Backrest Adjustments

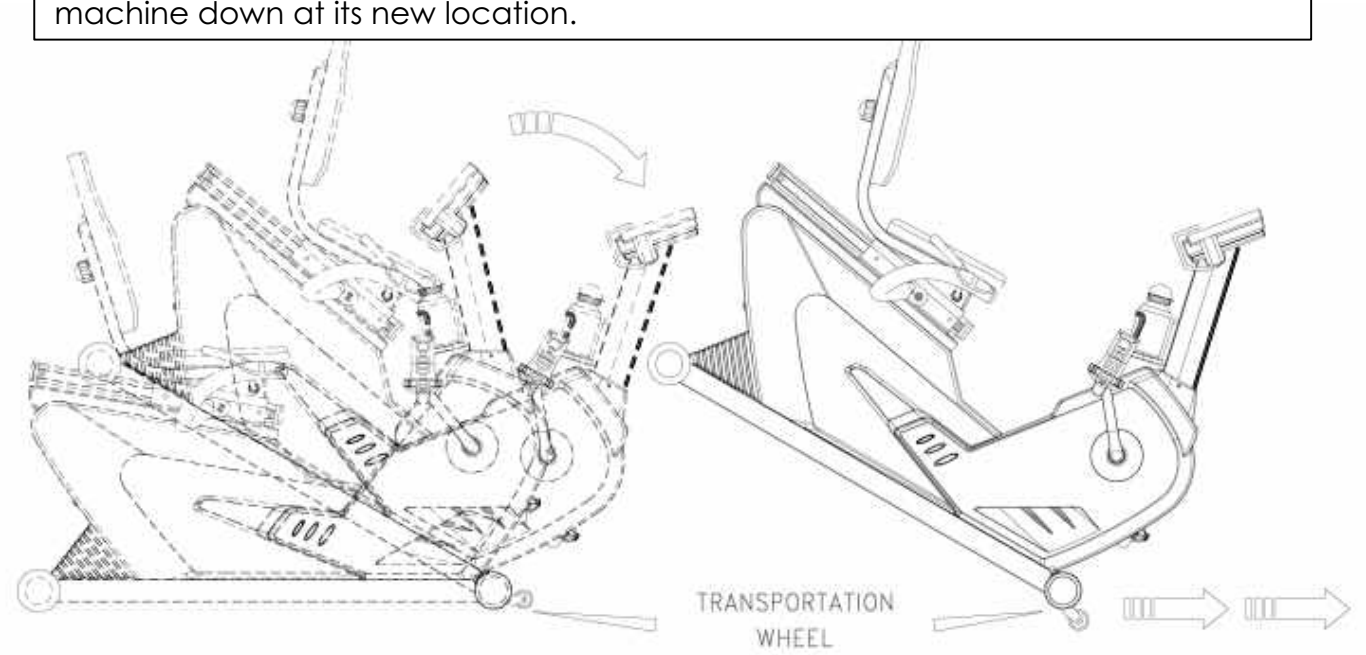


How to adjust the Backrest

To adjust the backrest height using the knobs(J11) according to a user's back lumbar position, then set the backrest to the most comfortable location and tighten the knobs(J11).

How to transport the bike

If the machine needs to be transported to a different location, stand at the front of the machine and push down on the front handle bars until the weight of the machine is transferred to the transport wheels and the rear of the machine is in the air. You can now easily move the machine to a new location. Gently set the machine down at its new location.



1. FUNCTION IDENTIFICATION

BAR GRAPH DISPLAY

Profiles Programs as listed here

16 x Rows = 16 Load resistance Levels

16x Column = time intervals

MODE CONTROL LIST

MANUAL-PROGRAM - WATT -PERSONAL-H.R.C.

USER DATA Display

There are total 5 user Data (.U0-U4) including Gender, Age, H.t. (Height) and W.t. (Weight)

MODE Key

Confirm your selection.

RESET Key

Reset default function value..

UP (+) and DOWN (-) Key

Adjust function value by pressing two keys.

RECOVERY Key

The RECOVERY PROGRAM automatically evaluate your Fitness Level.

FUNCTION DISPLAY

During your workout you can select what is shown in the Mode BAR Display.

The flashing text indicates what is being shown in the Mode Display.

START / STOP Key

START & STOP KEY.

2. MODEL FUNCTION DESCRIPTION

TIME	: 0:00~99:59.
SPD	: 0.0~99.9 KMH
RPM	: 0~15~999
WATT DISPLAY	: 0~999
DISTANCE	: 0.00~99.99 KM.
CALORIES	: 0~9999.
TEMPERATURE	: 0~60℃ / 32~99℉
GENDOR	: GIRL / BOY
AGE	: 10-25-99
HEIGHT	: 100-160-200 (CM) / 40-60-80 (INCH)
WEIGHT	: 20-50-150 (KG) / 40-100-350 (LB)
PULSE	: P~30~240
HEART SYMBOL	: ON/OFF blinks
MANUAL	: 1~16 levels
PROGRAMM	: P1~P12
WATT CONSTANT	: 10~350 WATTS
PERSONAL	: U1~U4
H.R.C	: 55%、75%、90%、IND (TARGET)
USER DATA	: U0 ~U4 (U1 ~ U4 memorized user data

3. POWER ON

1. Plug in 6V 1A power Adaptor to right country socket and connect the I / L PIN to Fitness equipment.
2. When stay in U0~U4, only there is pulse input, then PULSE symbol on the right in window will operate to display automatically as per H.R.C.: If pulse maximum value is set, then the function cancel automatically.
3. Recovery：To test user's heart recovery extent in fixed time, time will be 1 minute.
4. User Data：5 groups for user setting U0~U4, every user can set gender、age、height and weight, however when power off or TOTAL RESET,U0 setting files will be cleaned and reset and U1-U4 setting values will be saved permanently.
5. USER SETTING VALUE MEMORY: setting files memory (TIME、DISTANCE、CALORIES、PULSE setting value)&the function setting value(set value which used last time or changed manual load set value: or PROGRAM PX(1-12)…Etc. it can only remember one of them. For instance: WATT CONSTANT SET VALUE: or PERSONAL program), U1~U4 fours groups altogether.

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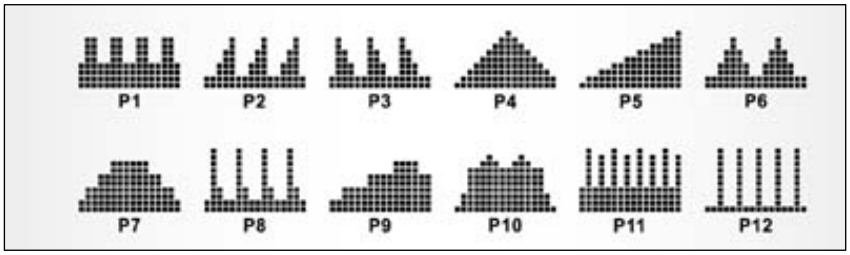
4. CONTROL MODE DESCRIPTION

A. MANUAL Set the resistance level by using the dot matrix display then (if required) to set function value.
TIME/DISTANCE / CALORIES / PULSE; the function value will be counting down from pre-setting number to 0. And then press ST/STOP to START manual program at anytime to start your workout.

B. PROGRAM 12 automatic adjusting programs with control exercise program profiles (P1~P12),
Resistance level can be adjusted by knobbing ENTER (UP/DOWN) during the program.



C. WATTS CONSTANT
User can default WATTS value at his/her desire 10-350 watts between 10~350 watts by using the UP / DOWN knob. To fix WATTS constant value and then press ST/STOP key. Use WATTS control mode to train yourself in different WATTS's constant.

D. PERSONAL
Create your own Program profile through U1~U4 by setting the resistance level for each individual segment. Then the Program will be automatically saved for future use. U0 ENTER can be set the same as U1~U4 but this Program cannot be saved.

E. H.R.C
HEART RATE CONTROL- Select your own target Heart Rate by choosing from one of the preset programs 55%, 75%，or 90%. Please ENTER your age into the User Data to ensure that your target heart rate is set correctly. The PULSE display will flash when you have reached your target heart rate according to the Program you have chosen.

i. 55% -- DIET PROGRAM
ii. 75% -- HEALTH PROGRAM
iii. 90% -- SPORTS PROGRAM
iv. TARGET—USER SET TARGET HEART RATE

F. RECOVERY
When you have finished your workout, press RECOVERY. For RECOVERY to function correctly, it needs your Heart Rate input. TIME will count down from 1 minute and then your fitness level from F1 to F6 will be displayed.
NOTE: during RECOVERY, no other displays will operate. 15
F 1 ~ F6 = RECOVERY HEART RATE LEVEL

Operating ENTERS:
1. User press H.R.C key to start the H.R.C.
2. Get the result from F1 - F6.

Condition	Score	Heart Rate
Excellent	F1	Above 50
Good	F2	40 ~ 49
Average	F3	30 ~ 39
Fair	F4	20 ~ 29
Poor	F5	10 ~ 19
Very Poor	F6	Under 10

G. USER DATA：

U0~U4 are user's Personal Programs (refer Personal). Users should ENTER their gender, age, height and weight. Only data for U1 to U4 will be saved. U0 is for casual users.

7 BUILT-IN Heart Rate Receiver with chest Belt

The computer with built-in Heart Rate receiver , the user can put on chest belt to detect the Heart Rate beat.; How to put on chest belt, please refer Chest Belt user manual.

TIPS

1. Option: Plug in AC Adaptor (**6 VOLT, 1 A**).
2. Keep moisture away from computer.